



# ASIST

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

<p>1. What is ASIST? ASIST is a two day interactive workshop in suicide first aid. See Slide 2</p> <p>2. What are some of the goals and objectives of ASIST? Slide 2 Preparing caregivers to reflect on their attitudes and the impact it could have on the person at risk.</p> <p>3. What is the difference between intervention and prevention? Slide 3 Suicide prevention is defined as all efforts to build resilience, reduce stigma and build awareness of suicide and related behaviors. Suicide intervention attempts to prevent a life crisis or mental disorder from leading to suicide behavior.</p>	<p>4. Who must attend ASIST T2 Training on Ft. Bliss? Slide 3 All newly arriving Soldiers in the rank of Private (E-1) through COL (O-6) will attend the two day workshop during in-processing.</p> <p>5. What are the different levels of ASIST training and what are the differences? Slide 4 The ASIST T2 is the two day workshop. The ASIST T4T is a five day training program</p>
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